

New Life Christian Academy

Athletic Handbook

2018-2019



CODE OF CONDUCT

New Life Christian Academy student athletes are held to a higher standard. Athletics teaches not only skill in sports, but also responsibility, team work, and leadership. It is for these qualities that the board and athletic administration have set in place the Athletic Code of Conduct.

The Code of Conduct outlines the requirements for each student athlete to follow and uphold in order that they might represent New Life Christian Academy. The code is as follows:

- Each student athlete must maintain a Christlike attitude and demeanor toward coaches, teammates, referees, and opponents on and off the court or field.
- Each student athlete must maintain a 70% or above in each class. *(See Page 2 for Athletic Eligibility in regards to Academics)*
- Each student athlete must respect and follow the rules outlined in the Student Handbook. *(See Page 2 for Athletic Eligibility in regards to Discipline)*
- No student athlete may use any form of illegal performance enhancing substance. *(Failure to adhere will result in immediate dismissal from team)*

The goal of extra-curricular participation at New Life Christian Academy should be an educational experience developing individual skills and formulating team concepts that can be used for a lifetime.

1. Teamwork: Develop self-discipline, respect authority, work hard, and place team objectives above personal interests.
2. Success: Perform at one's best regardless of the final score or outcome.
3. Good Sportsmanship: Learn to accept winning and losing gracefully. Treat others with respect. Maintain emotional control, honesty, cooperation, and dependability.
4. Good Health: Develop nutritional habits, get proper exercise, and follow guidelines set up by coaches and athletic trainers.

ATHLETIC ELIGIBILITY

Attendance-

Students must attend four classes on a game day in order to be eligible to play that evening. (Excused absences excluded)

Academics-

Each student athlete must maintain a 70% or above in each class. Grades will be checked by the Athletic Director biweekly. Any student that is below a 70% will have a one-week grace period to raise their grade. If the grade has not reached a 70% by the following Monday, the student athlete will be deemed ineligible and will not be allowed to dress for games until the grade is raised to meet Code of Conduct regulations.

Once an athlete has been issued a status of ineligibility, that athlete's grades will be monitored weekly to ensure academic stability.

*Jr High parents will be informed at the beginning of the grace period and when ineligibility has been placed.

*Highschool parents will be informed when ineligibility has been placed.

Discipline-

Any disciplinary action set in place by the school will be mirrored by the Athletic Department.

- Detentions- Any missed practice time will be treated as an unexcused tardy or absence, with expected policy fulfillment. (See Coaches "Policies & Expectations")
- Suspensions- No practices or games may be attended by the athlete during suspension. Missed practice time will be treated as an unexcused absence, with expected policy fulfillment. (See Coaches "Policies & Expectations")

ATHLETIC EXPECTATIONS OF COMMITMENT

Students are frequently involved in multiple school activities. The student should notify the coach and the director of the other activity as soon as a conflict in the calendar occurs which requires the student to be in two places at the same time. The student is not in jeopardy during the resolution of the conflict. The coach and director will notify the Athletic Director if assistance is needed to resolve the conflict.

The commitment of students in extra-curricular activities should increase at higher levels of competition. At times, personal interests may need to be sacrificed for the good of the individual and his team members.

During the season, anytime a participant fails to attend practice/event, the student's return to the line-up will be determined by the amount of time necessary to recover lost skills and conditioning. Disciplinary measures by the coach may be enforced when an absence is not connected with the immediate family and the coach of the activity missed did not receive prior notification.

ROLES AND RESPONSIBILITIES

Athletes will:

- Come prepared to work at every practice where he/she is physically able.
- Accept the team rules as established by the coach and the athletic department.
- Attempt to communicate all questions and concerns with the coach in a timely fashion.
- Display a respectful attitude towards his/her teammates, coaches, officials, spectators, and opponents at all times.

Coaches will:

- Abide by MHSAA coaching standards as stated in the MHSAA Handbook.
- Come prepared to all practices.
- Make a strong effort to run a safe practice and competition area.
- Communicate important information (such as team expectations and important dates) to parents and administration.
- Set a Godly example both on and off the court/field.

Athletic Director will:

- Communicate to parents the “conflict resolution process.”
- Enforce the chain of command as outlined in the “conflict resolution process.”
- Review with coaches the expectations as stated in the team’s guidelines.
- Create and maintain a working schedule and atmosphere that encourages growth in every athlete.
- Check grades biweekly and communicate to athletes and parents when eligibility is in jeopardy or lost.

Parents will:

- Be supportive of not only their children, but of all competitors.
- Support team guidelines and goals.
- Communicate concerns directly to the coach while respecting the 24 hour “cooling off period.”
- Provide volunteer hours at at least one game per season to promote growth and fluidity of the Athletic Department.

Conflict Resolution Process

- All complaints MUST be heard at the lowest possible level BEFORE intervention by a higher authority can occur.
- A 24 hour “cooling off” period must be granted before any complaints are initiated.
- Complaints must be made within 10 days of the incident. For the sake of all parties, the entire process must be concluded within 30 days of the incident.

This system works very well so we are committed to abide by it.

Step 1 Start with the Source

The player will speak directly to the coach. A cooling off period will be granted for all parties before resolution is sought. This meeting should be done in private, away from practice sites and game arenas, and should be conducted face to face. Students who do not feel comfortable speaking solely to the coach may request a parent or teammate to be present, however the meeting should be conducted by the athlete.

Step 2 Contact Athletic Director

If an agreeable solution is not reached, then the athletic director will conduct a meeting between the parties in an attempt to find resolution.

Step 3 Contact Principal

If an agreeable solution is still not reached, then the administration will conduct a meeting between the parties in an attempt to find resolution.

Step 4 Request non-partisan School Board mediation

This final step is appropriate only in extreme circumstances and shall follow the same process to find final resolution

COMMUNICATION BETWEEN COACH AND PARENTS

The purpose of the interscholastic athletic program at New Life Christian Academy is to provide an arena in which students can learn and grow in meaningful ways that are not always possible in a classroom setting. Our ultimate success in achieving a positive athletic experience will be measured by our ability to establish lines of communication. Through good communication, people feel valued and understood, even if complete agreement is not always reached. We are all concerned about the education of our students. Part of the process of growing up is learning to handle your own difficult situations.

If a conflict or misunderstanding between an athlete and a coach occurs, learning to resolve it is an important educational experience for the athlete. Parents should react slowly. Children tend to exaggerate at times, leave out part of the story, or present a skewed version of an incident. Taking responsibility for your part in a conflict is a learned skill. It requires maturity and honest self-reflection. Athletes vent frustration at the dinner table expecting mom and dad to take their side of the issue. Parents, however, realize that they were not present at practice to see how their child behaved, related to the coach, or to evaluate his or her skill and effort. Parents should always seek more information before drawing conclusions.

The most productive long-term help a parent can give a child in awkward situations with a coach is to teach and model the skills of conflict resolution. Help your child resolve his or her own differences. When a student successfully deals with difficult interpersonal conflicts, he or she learns and grows. Parents are encouraged to help their athlete learn the valuable lessons that athletics can teach, even the "tough lessons" that may be difficult for everyone involved. Of course, a parent always retains the right to intervene on behalf of a child.

Communication Coaches Appreciate from Parents

Emotional Stressors: Coaches appreciate knowing about any unusual event in the life of an athlete that is causing the young person additional stress.

Forthrightness: Every coach wants to try to resolve a conflict before it is taken to the athletic director, principal or other higher authority or before it is discussed "in the stands."

Volunteers: Coaches need help with so many aspects of managing a team (admissions, concessions, drivers, statisticians) that they are always glad to hear from parents who are willing to work for the team.

Communication all Parents can expect from their child's Coach

Team Itinerary: Parents need to know the location and times of all try-outs, practices, games, meetings, banquets, conditioning sessions, and directions to away contests.

Team Rules: Parents appreciate knowing not only the philosophy of the coach, but also team policies and expectations, including consequences that the coach established to supplement the code of conduct.

Injury: Parents can expect to be immediately informed by the coach when an injury occurs that requires medical attention.

Problem Behavior: Coaches should call parents whenever an athlete exhibits atypical behavior that persists longer than 48 hours.

Discipline: the coach will inform parents within 24 hours of all discipline that results in the loss of contest participation or removal from the team. This contact will be done before the parent is to attend the contest whenever possible.

AWARDS

Varsity Letter- awarded when an athlete completes three seasons of a Varsity sport, after seventh grade.

Athlete of the Year- awarded to a Senior Athlete who maintains high academic standing throughout the year, upholds New Life rules and values, and leads by example on and off the court and field. *(If multiple athletes meet these requirements the athlete that has participated in the most athletic seasons during their high school career will receive the award.)*

Coach of the Year- A committee comprised of a staff member, a board member, a teacher, the administrator, and an active parent will discuss and distribute this award as they see fit based on how a coach effects the lives of their athletes and the athletic program. *(The committee will be chosen each Fall and each member must attend at least one game per season.)*

TEN COMMANDMENTS FOR PARENTS OF ATHLETES

- 1) Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- 2) Be an example. Your athlete is setting habits for life now. If you teach AND exemplify timeliness, responsibility, hard work, and positivity, your child will learn to do the same. Unfortunately, the opposite launders the same results.
- 3) Be helpful, but don't coach them on the way to practice or a game, on the way back, or at breakfast, and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
- 4) Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and having fun.
- 5) Try not to relive your athletic life through your children in a way that creates pressure; you fumbled, too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
- 6) Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
- 7) Don't compare the skill, courage, or attitudes of your children with other members of the team.
- 8) Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
- 9) Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
- 10) Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped, I am blessed to have them."